

## Spring Safety Tips

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Spring time, For most children, means more outdoor activities (swimming, camping, bike riding, etc ). For all parents, this means being extra vigilant to keep your child safe and healthy. Here are some topics that can help to keep your child safe and healthy this spring:

### Gardening Tips

To get your kids interested in gardening as a hobby, including planting sunflower seeds, finding bugs and planning a kids' garden.

### Spring Allergies

Many children with seasonal allergies have problems in the spring, with a runny nose, watery eyes, sneezing, etc. Learn how to help control your child's spring allergies.

### Water Safety

Water Safety tips to prevent drownings in your children and promote water safety when swimming around pools and spas.

### Walking and Biking Safely

Younger children are learning to become independent. They enjoy walking, riding bikes, and playing outside, but hey don't have the judgment to cope with traffic by themselves yet. Learn to keep your kids safe when they are on the move.

### Insect Repellents

Insect repellents can protect your children from insects that commonly bite children, including mosquitoes, gnats, chiggers, etc. Safe and effective insect repellents include those with deet, citronella and soybean oil. Learn to keep your children safe from insect bites.

### Playground Safety

Learn to keep your kids safe beyond your front yard, creating safer streets and play places for children for walking, bike riding inline skating, and roller skating.

### Backyard Pool Safety

Backyard Pool Safety tips to prevent drownings in your children and promote water safety when swimming around pools and spas, plus info on diving safety.

### Sun Screens to Prevent Sun Damage

Sun screens can help to protect your child from damage from sun exposure and reduce the risk of skin cancer. Learn to pick a sunscreen with an SPF of 15 or higher and which offers UVA and UVB protection, plus other tips to keep your kids safe in the sun.